

## CLAIMS

What is claimed is:

1. A one story high steel reinforced concrete building block for use in the construction of  
5 buildings, comprising:  
a hollow space with means for housing insulation within; and  
an attachment means for attaching one block to another.
2. The exterior surface of claim 1, wherein the exterior surface can be colored and stamped  
to achieve a variety of visual effects to satisfy the desires of the end user.
- 10 3. The building block of claim 1, wherein the building block has the capability of being  
precast with openings capable of accommodating a door or a window.
4. An alternative variation of claim 1, wherein the interior surface is comprised of shelves  
precast upon the body of the building block.